Individual Support Plan

I. Essential Information

Contact Information				
Legal Name:	Steven Charles Sample	Preferred Name:	Steve	
Date of Birth:	2-17-1977	Gender:	Male	
Marital Status:	Single	Admission date:	July 1, 1998	
Medicaid #:	xxxxxxxxxx	Medicare #:	xxx-xx-xxxx	
Home Street Address:	414 Sunnybrook Drive	Insurance:	N/A	
Mailing Address or P.O. Box:		SSN#:	xxx-xx-xxxx	
City:	Sunnybrook	Zip Code:	24009	
Home phone:	xxx-xx-xxxx	Cell phone:	N/A	
Work phone:	N/A	Email address:	stevecs@email.com	

Emergency Contacts / Representation

Name	Phone:	Fax:	Email:		
Relationship:	Address:				
Legal Guardian:	Phone:	Phone: Fax: Email:			
Relationship:	Address:				
Authorized Rep:	Phone:	Fax:	Email:		
Relationship:	Address:				
Family #4: Mantha Cample	Phone:	Fox: N/A	Email:		
Family #1: Martha Sample	XXX-XX-XXXX	Fax: N/A	marthags@email.com		
Relationship: mother	Address: 5223 Rive	Address: 5223 River Road, Sunnybrook, VA 24009			
Family #2: Louise Griffey	Phone:	Fax: N/A	Email: N/A		
Failing #2. Louise Griffey	XXX-XX-XXXX				
Relationship: Aunt	Address: 891 Brent	Address: 891 Brentwood Lane San Diego, CA 50995			
Power of Attorney:	Phone:	Fax:	Email:		
Relationship/Type:	Address:				
Emergency Contact: Martha	Phone:	hone: Email:			
Sample	XXX-XX-XXXX	Fax: N/A	marthags@email.com		
Relationship: mother	Address: 5223 River Road, Sunnybrook, VA 24009				
Conservator:	Phone:	Fax:	Email:		
Relationship:	Address:				

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Representative Payee:	Phone:	Fax: xxx-xx-xxxx	Email:	
Sunnybrook Residential	XXX-XX-XXXX	I da. xxx-xx-xxxx	SunnybrookRes@email.com	
Relationship:	Address: 500 Main	Address: 500 Main Street, Sunnybrook, VA 24009		
Dhysisian 4. D. M C 1	Phone:	Fav	Email: Drmac@email.com	
Physician 1: Dr. Mac Good	xxx-xx-xxxx	Fax: xxx-xx-xxxx		
Specialty: General Practice	Address: 222 Main	Address: 222 Main Street, Sunnybrook, VA 24009		
Physician 2: Dr. Doug Lewis	Phone:	Fax: xxx-xx-xxxx	Email:	
Filysician 2. Dr. Doug Lewis	xxx-xx-xxxx	rax. xxx-xx-xxxx	SunnybrookRes@email.com	
Specialty: Gastroenterology	Address: 500 Main Street, Sunnybrook, VA 24009			

Support Coordination and Provider Contacts Agency: Sunnybrook Residential Support Role: Residential Name: Stephanie Klein Address: 446 Arbor Lane Sunnybrook, VA 20456 Phone: 540-788-9393 Fax: 540-788-9394 Email:SKlein@abcres.com **Support Role: Day Support Agency: My Life Day Support** Name: Melissa Schaffer Address:1223 View Drive Sunnybrook, VA 20456 Phone:540-200-8980 Fax:540-200-8981 Email: Support Role: SC **Agency: Sunnybrook CSB** Address: 7877 Patton St. Sunnybrook, VA 20456 Name: Melinda Grey Phone: 540-889-1122 Fax: 540-889-1123 Email: gjones@sc.org

Communication and Sensory Support		
Preferred language:	Please <i>check one</i>) ⊠ English ☐ Spanish ☐ Vietnamese ☐ Other (Please Specify):	
Describe supports needed for communication (if any):	N/A	
Do I have any difficulty reading a magazine or newspaper?		
Would a professional evaluation related to sensory or communication abilities be beneficial?	☐ Yes ☐ No	

Adaptive Equipment, Assistive Technology and Modifications		
Please describe any adaptive equipment and assistive technology supports (if any):	N/A	
Would a professional evaluation related to adaptive equipment, assistive technology or other modifications be beneficial?	☐ Yes ⊠ No	

Health Information Do you have an advanced directive? ☐ Yes No If yes, please provide a copy to all relevant parties. Medication: Physician: Reason(s) prescribed: Frequency: **Location of potential side effect information:** Dosage: Route: 1: Lisinopril Dr. Good high blood pressure PO Daily Primary record under "side effects" tab 20 mg 2: Ranitidine Dr. Lewis **GERD Daily** Primary record under "side effects" tab 150mg PO Headaches 3: Ibuprofen Dr. Good PO 200mg Q4 hours PRN Primary record under "side effects" tab

HEALTH TOPIC	<u>DESCRIPTON</u>	
Date of my last complete physical exam.	Date: January 14, 2012	
Date of my last dental exam.	Date: March 3, 2012	
Do I have any mental health support needs?	☐ Yes ☐ No Please provide crisis plan (if applicable) and describe support needs: While Steve does not have a mental health diagnosis, he can become easily frustrated, which results in yelling and slamming doors. He benefits from having time to talk about his daily concerns. ⑧	
Do I have any allergies to medication, food, or environmental elements (e.g., mold, dust, etc.)?	☐ Yes ☐ No If yes, please describe:	
Please describe all recent physical complaints & medical conditions.	Steve has high blood pressure, high cholesterol and GERD. When his blood pressure spikes, he develops headaches and becomes short of breath. He is watched closely when this occurs. He has a nutritional plan (attached) that details the foods that aggravate his GERD. ② ⑩	
Do I have any issues with physical intimacy, pregnancy or child rearing?	☐ Yes ☐ No If yes, please describe:	
Do I have any chronic health conditions?		
Do I have any communicable diseases?	Yes No If yes, please describe:	
Do I have any limitations or restrictions on physical activities?	☐ Yes ☐ No If yes, please describe:	
Have I had any serious illnesses, serious injuries, and/or hospitalizations in the past?	☐ Yes ☐ No If <i>yes</i> , please describe:	
Have there been any serious illnesses or chronic conditions among my parents, siblings, or grandparents?	N/A	
Have there been any serious illnesses or chronic conditions among significant others in my household (if any)?	N/A	

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Information related to outcomes is indicated by a circled outcome number (e.g. U) ☐ Yes ☒ No If yes, please describe: Have I ever smoked cigarettes/cigars or used smokeless tobacco? a. How often do I drink alcohol? a. Number of times and number of drinks per week: 0 b. Does my current use of alcohol cause b. ☐ Yes ☐ No If yes, please describe: problems in any area of my life? Have I ever been told that I drink too much alcohol a. Does my current use of prescription N/A medication cause problems in any area of my life? b. Have I found that I have to take more and more of any prescription medication to feel an effect? c. Have I ever been told that I take my medications incorrectly? . Yes No If yes, please describe what type of Have I ever been in treatment for a problem with, or resulting from, use of alcohol, drugs, or treatment, was provided and when. prescription medicine? Is there any other health history or medical N/A information or health preferences that I would like to share? Summary of Social/Developmental/Behavioral/Family History Briefly describe my relevant Steve was born in Sunnybrook in 1965. He lived with family until 1998 when social, developmental, his parents could no longer support him at home. He has lived at Sunnybrook behavioral and family history. Residential since that time. Steve has a family history of high blood pressure. Shortly after he graduated from Sunnybrook High School his father passed away from a heart attack. According to his mother, Martha, Steve was very close with his father. Steve experienced a prolonged mourning period after his father passed away. He is very close with his mother and the family dog, Bentley. Steve continues to see his mother every weekend and occasionally spends the night with her. He does not express interest in attending church, but does go with his mother to Sunday services occasionally. Steve has no brothers or sisters and one aunt, Louise Griffey, in California. Steve has few friends outside of his family and Sunnybrook Residential. Steve has never been married or been in an intimate relationship that is known of at this time. **Summary of Employment and Educational Background** Education: ■ None Elementary ☐ Middle School ☐ Some High School ☐ High School □ Vocational □Some College ☐ College degree ☐ Some Graduate School

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	o outcomes is indicated by a circled outcome number (e.g.①) Unemployed, but want to work Unemployed, not able to or interested in Employed, Full-time Retired		
Describe my educational history.	Steve graduated from Sunnybrook High School in 1998.		
Describe my employment history.	Steve worked in a sheltered workshop after high school. He earned a piece rate for preparing shipping materials for local businesses. Due to high levels of frustration in that setting, which resulted in arguments with others, Steve decided to stop working there and has not had a job since that time.		
Describe any volunteer activities in which I now am involved or have been involved in the past (if any).	Note: Please include the types of things I did, the organization(s) involved, and when I volunteered. Steve has been engaged in a variety of volunteer activities during his time at My Life Day Support such as Meals on Wheels and Habitat for Humanity.		
	Exceptional Support Needs		
Were any support needs identified on the risk assessme (Supports Intensity Scale Section IV) or elsewhere in the information?	1) high blood pressure ② ® ⑩		
Is there a behavioral or crisis support plan?	☐ Yes ⊠ No		
Meet criteria for high intensity day services?	☐ Yes ☒ No If yes, please describe:		
Ability to Access Services and Supports			
What concerns do I have about being able to access services and/or supports?	t ☐ Yes ☒ No If <i>yes</i> , please provide a description and a plan to resolve the concern(s):		

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Legal and Advocacy					
Do I have any current legal issues or problems?	☐ Yes ☐ No If <i>yes</i> , please describe:				
Do I need any legal advice?	☐ Yes ☐ No If yes, please describe:				
Do I need any support with voting? (Understanding my rights, registering or voting)					
	Eligibility				
Level of Functioning Survey	Date completed: 6/5/12 Categories met: ☐ Health Status ☐ Communication ☐ Task Learning Skills ☐ Personal/Self Care ☐ Mobility ☐ Behavior ☐ community Living				
Diagnosis of MR?	☐ Yes ☐ No Date psychological completed: August 3, 1972				
If under 6, at developmental risk					
	Back-up and / or Discharge Plan				
	Am I receiving a Medicaid Home and Community Based Waiver? Wester Note				
If applicable, please describe any transition/discharge plans any services I currently receive					
F					
	Essential Information completed by:				
Review or Revision Date: 6/5	5/12				
Name (print): Melinda Grey					
Signature: Melinda Grey	Title: Support Coordinator Date: 6/15/12				

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Part II. Personal Profile

Talents & Contributions		
Steve is kind and compassionate. He calls everyb		
He has a good relationship with his mother. 3		
Steve wants to work. ①		
He likes to look nice and takes pride in his appea	rance. 4	
Steve is great with animals – especially dogs! ②		
Steve is an avid sports fan. ©		
•		
He likes cooking. ⑦		
Steve has a great sense of humor.		
1. Work and Alternates to Work (Day		
What's Working	What's Not Working	
(needs to stay the same)	(needs to change or be improved)	
Steve likes the people he lives with and his home	Steve's mother thinks it would be nice if he could	
on Sunnybrook Drive. He enjoys having his own	find a job so that he could have more money. We	
room decorated the way he likes with sports	think Steve's love of sports would be a good match	
posters and pictures of his favorite bands. He	for employment, but he doesn't have a job coach.	
continues to get up early and likes taking care of	Many of the sporting events in town are managed	
things around the house. He cleans his room every	through the local association. Steve might find a job	
Monday and goes shopping for groceries each	there. ①	
week on Thursday or Friday. He likes visiting his		
mother, Martha, and their dog Bentley every		
weekend. 3 Steve really enjoys cooking dinner		
and cleaning up afterwards. He has a few TV		
shows he loves, but likes just about anything		
funny or sports related. He never misses The		
World's Funniest Animals on Thursday nights.		
2. Community & Interests (Neighborho	ood; Inclusion in community; Safety in my	
community; Things I enjoy/hobbies);		
What's Working	What's Not Working	
(needs to stay the same)	(needs to change or be improved)	
Going out to eat at places that offer foods he likes	Steve loves music and has a small CD collection. He	

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and can have with his diet plan. Collecting baseball cards and going to ballgames during the season.

went to a concert in the park last year and seemed to have a great time. We think he'd enjoy going to more music events in the area. ⑤

3. **Relationships** (Family and friends; Being understood by others; Qualities of those who support me; Culture and traditions; Spirituality and religion);

What's Working (needs to stay the same)

What's Not Working (needs to change or be improved)

Steve's relationship with his mother and the family dog, Bentley. ③ Steve gets along well with everyone. Steve has one aunt, Louise, who lives in California. He occasionally gets to see her on holidays. Steve does not express interest in church, but does say he enjoys going with his mother.

Steve often talks about how much he loves dogs. He misses his dog, Bentley, and used to get upset from missing Bentley, but now that he sees Bentley every weekend he seems much happier. Steve spends most of his time with the people in his home and paid providers. His mother shared that it would be nice if he had more friends that shared his interests.

4. Home (Home; Routines; Independence; Privacy; Safety at home);

What's Working

What's Not Working

(needs to stay the same)

(needs to change or be improved)

Living on Sunnybrook Drive. Having his own room decorated with his sports and band posters. He prefers that his housemates stay out of his room. Getting up before his housemates so that he has some quiet time to have coffee. He has several sports t-shirts that he prefers to wear and chooses a different baseball cap nearly every day. He enjoys watching a variety of sporting events on TV. Steve prefers a shower after dinner and likes to have his fan on in the bedroom while he sleeps.

Steve gets upset when he can't find something he's looking for especially his collectables. It would be nice if his room was more organized so that things are easier for him to find when he wants something.

6

5. Learning & Other Pursuits (New abilities/accomplishments; new experiences);

What's Working

What's Not Working

(needs to stay the same)

(needs to change or be improved)

Steve has a large baseball card collection that he is very proud of that he keeps in his room. Steve likes to cook and has learned more about cooking since he has been at Sunnybrook.

Steve's baseball card collection is kept in numerous shoe boxes in his closet. It would be nice if he could display them somehow since he loves them so much.

Steve likes cooking, but can choose foods that aggravate his GERD. He would benefit from better understanding that certain foods make him feel bad. He might like to learn more about how to make his own meals.

information related to outcomes is mul	cated by a circled outcome number (e.g. ω)		
6. Money (Money and finances; persona	l control)		
What's Working	What's Not Working		
(needs to stay the same)	(needs to change or be improved)		
Steve like spending his own money on things he	Steve doesn't have much money once he pays his		
likes. He collects baseball cards and likes sports	monthly bills. He likes being active and his team is		
jerseys and baseball hats. Having money in his	concerned that his choices are limited by his		
wallet every day. The has his own checking	income. It would be nice if he was able to make		
account and ATM card with S&D Bank.	more money. ①		
7. Transportation & Travel (Transport	ation and travel);		
What's Working	What's Not Working		
(needs to stay the same)	(needs to change or be improved)		
Steve has transportation available to go where he	If Steve begins working, he will need to learn to use		
wants to go. Steve goes on vacation for a week	the local bus route or have dependable transportation		
each summer with his mother to Virginia Beach	for work.		
where she has a condominium.			
	als and supplements; Exercise and movement;		
Medications and wellness; Overall wellness).			
What's Working	What's Not Working		
(needs to stay the same)	(needs to change or be improved)		
Steve likes fast food and benefits from healthier	Steve has high blood pressure, high cholesterol and		
choices especially low salt, low acid and low fat	gastroesophageal reflux disease (GERD). He has		
foods. He has a nutritional diet plan that was	mild symptoms that are controlled with medication.		
prepared at his doctor's office by a nutritionist. He	When his blood pressure spikes, he can get a		
is open to discussing healthy foods at home and	headache and become short of breath. It is important		
when he eats out. Avoiding tomatoes and high	to watch him closely when these symptoms occur –		
acid juices to manage GERD. The takes his own	if they persist for longer than 30 minutes, we contact		
medicines with reminders and when they are	his doctor for guidance. GERD also limits his diet.		
handed to him. Being able to choose what he	780 Steve does not like to exercise; we have been		
wants to do when he misses day support. 9	struggling to find a fitness routine he enjoys. ②		
1.0	. J T :C.		
A Good Life			

A good life for Steve includes having his own room decorated the way he likes \bigcirc , having time with his mother and dogs (especially Bentley) \bigcirc and sharing his interests and personal style with others \bigcirc . He would work in a job related to the things he loves. \bigcirc He would have more friends who share his interests like sports, music and dogs. \bigcirc He would continue going on vacation with his mother each summer. Steve would have a balanced diet to feel and look good \bigcirc and have many opportunities to meet new people and learn more about and do what makes him happy. \bigcirc

Part III. Shared Planning

Outcome #	Describe what is IMPORTANT TO ME and IMPORTANT FOR ME this year?	What does success look like? DESIRED OUTCOMES	How often or by when?	Who's going to support me?
1		Steve works in a sports related job to earn money doing something he loves.	weekly	Support Coordinator
2		Steve walks neighborhood dogs in order to make some money and stay fit.	weekly	My Life Day Support
3		Steve visits his family in order to see his mother and play with Bentley.	weekly	Sunnybrook Residential
4	 ∑ TO looking nice; wearing cool clothes ∑ FOR showering, shaving, laundry, 	Steve looks nice in order to share his own style.	daily	Sunnybrook Residential
5		Steve goes out (to restaurants, local festivals and sporting events) with his friends to have fun and meet new people.	monthly	Sunnybrook Residential My Life Day Support
6	☑ TO finding his belongings when he wants them☑ FOR a clean home	Steve cleans and organizes his room so that he can find his belongings when he wants them.	daily	Sunnybrook Residential

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7	 ∑ TO learning to cook ∑ FOR following his nutrition plan to manage high blood pressure, high cholesterol and GERD. 	Steve plans and prepares meals based on his nutrition plan in order to be healthy and feel good.	daily	Sunnybrook Residential
8		Steve talks about his day in order to maintain a positive mood and have stable blood pressure.	daily	Sunnybrook Residential My Life Day Support
9	☐ TO ☐ FOR periodic supports	Steve enjoys something he prefers when plans are cancelled.	as needed	Sunnybrook Residential
10	☐ TO ☐ FOR Routine medical and dental care; good nutrition; medications;	Steve is a healthy, safe and valued member of his community.	daily	Sunnybrook Residential My Life Day Support
11.	☐ TO ☐ FOR Support Coordination	Steve's desired outcomes are achieved in order to have a good life.	monthly	Support Coordinator

Part IV. Agreements

T. P. L. 1 D										
Individual - Does my plan match				1		7 1 1 0 0	N ***			
what makes me happy?		es		No		at I need to be safe?	<u> </u>		No	
my dreams?	\boxtimes Y	es		No	hov	v I contribute?	X Ye	es	☐ No	
being with people that I like?	$\boxtimes Y$	es		No	nev	v things I want to	X Ye	20	□No	
being with people that I like:		es 🗀 r] 110	lear	n?		28		
where & how I want to live?	\boxtimes Y	es] No	my	work dreams?	X Ye	es	☐ No	
things I like to do?	\boxtimes Y	es] No	the	support that I need?	X Ye	es	☐ No	
how I want to travel?	X Y	es] No	peo	ple who support me?	XY6	es	☐ No	
how I want to handle my money?	X Y	es		No		v I describe a good	X Ye	es	No	
, ,				•	life					
If the answer is "no" to any of these questions, go back to that part of the profile and consider again.										
Please describe the reason for any questions above remaining "no" at the end of the meeting and any plan										
to resolve.										
Team										
Are there any unfinished tasks from my plan that are not yet completed?					Does any team member have an objection to any outcomes		☐ Yes ⊠ No			
		│							O	
						in my plan?				
						Do I need financial plant	ning			
Are there any outcomes that are in conflict with		☐ Yes ⊠ No			2	or benefits counseling in order		☐ Yes ⊠ No		
what's most important to me?					J	to maintain or maximize		i cs 🖂 i vo		
						resources?				
						Are there any IMPORTA				
Are there any conflicts in my plan that create a health and safety concern?		☐ Yes ⊠ No				TO or IMPORTANT FOR				
					2	information elsewhere (such as			Yes 🔀 No	
						in the SIS or PCT TOOLS)			105 2 110	
						that are not addressed in this				
						plan?				
Please describe the reason for any questions above being marked "yes" and any plan to resolve.										

Signatures of partners who agree to help me with my plan:							
Individual	Date 06/5/12						
Support Coordinator	Date						
M	Nelinda Grey	06/5/12					
Guardian/ Authorized Representat	Date						
Partner	Relationship/service/support	Date					
Stephanie Klein	D8P	06/5/12					
Partner Marshall Morgan	Relationship/service/support ୬୫୫	Date 06/5/12					
Partner Melissa Schaffer	Relationship/service/support \mathcal{D} ର \mathcal{P}	Date 06/5/12					
Partner Martha Sample	Relationship/service/support Mother	Date					
Partner	Relationship/service/support	Date					
Partner	Relationship/service/support	Date					
Names of partners who contributed to my plan and were not here for planning:							
Louise Griffey, Aunt							
Quarterly review dates: 1- 9/30/	 12, 2- 12/31/12, 3- 3/31/13, 4-6/3	0/12					
Comments:							